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~~The blood~~ The Upas acts in part upon the blood, but it produces its deadly effects ~~&~~ when received into the stomach and injected into the ~~blood~~ Return from which we see it can act without the instrumentality of the blood. I have said the poison of the Viper & ~~I have said~~ dissolves the blood suddenly and in every part of the body. ~~It~~ I supposed formerly it did ~~so~~ so by ~~death or~~ destroying ~~its~~ the animation or capacity of life, of the fibrin. ~~Its destroying dissolving it~~ The suddenness of its effects I said depended upon the Unity & sympathy of the fibrin. ~~The who~~ It feels ~~like the nervous system~~ ~~the nervous system~~ ~~in an instant~~ in every part of the body. This sympathy not uniform as in fever. ——

It would require many lectures to detail the influence of all the religions which have existed, & which now exist, upon the human body. We live in a Christian country. It is necessary for us therefore chiefly to be acquainted with the manner in which the different principles of this religion act upon the body, according as they are held by different sects of Christians.

Christianity when perfectly understood, and obeyed, exerts the most friendly influence upon health. It inspires hope & joy, universal love, ~~to friends~~ ~~neighbours~~ ~~& peace~~ and restrains the exercise of every passion & appetite that tends to disorder the body. Were there no other proofs of the truth of this Religion

that its salutary effects upon the body, it would be sufficient to command our belief of it. Of course a Physician who renounces christianity, should at the same time renounce the principles of his profession. —

The healthy influence of religious principles upon the body is one of the best tests of this truth. Every opinion or doctrine therefore which is unfriendly to health ~~is therefore~~ should ~~therefore~~ be rejected as <u>false</u>. —

~~The idea~~ Those systems of Christianity which represent the supreme Being as partial in his love to his creatures, [or as vindictive ~~in his~~ & inexorable to all eternity in his wrath] have

produced in all ages & countries ~~[illegible]~~ the diseases of Hypocondriasis - melancholly - & madness - ~~They~~ These systems therefore cannot ~~therefore~~ be true - for Christianity was intended as much to promote the health, as it was the moral happiness of mankind.

I have never heard of a single instance of madness or suicide ~~for~~ that has been ascribed to religion, that did not arise from ~~false doctrines, errors~~ principles that are as foreign to Christianity as the human sacrifices of the ancient pagans or the modern Indian nations. —

[Human Reason has at last overturned the errors and abuses of Government; — The time I hope is not very distant when ~~the the influence of tyranny shall~~ it will level all the more pernicious errors

& abuses which have crept into religion — and when ~~the power of~~ Priests and our religious establishments shall cease to have any ~~the conscience of men shall be as private~~ power over the consciences of mankind. ~~not the power of kings over their property~~ ~~lives of the people of France.~~

Employments.

~~These injure the body according to the violence they offer it with respect to rest or motion — ~~taken or not~~ according to the nature of the materials in which men labor.~~

~~These produce diseases according as they are more or less influenced by the following circumstances.~~

~~1 Excessive ~~[illegible]~~ Labor. Farmers & day laborers ~~often~~ suffer from this cause. — Their diseases are stiff joints, & a premature old age.~~

2 ~~Excessive motion~~ - as in ~~running~~ walking or running. Soldiers generally ~~too~~ acquire the Rheumatism sooner or later in life, & running footmen are exposed to all the diseases of the breast.

3 ~~Intemperance~~

Employments.

The first employment of man was Agriculture & the next, consisted in building himself a Shelter from the weather. Both these employments give exercise to every part of the body, and that too in the open air. They are of course two of the most healthy occupations of man. In

proportion as he has receded from them by the progress of the Arts of civilized life, he has become subject to many new & artificial diseases. I shall briefly mention them, as connected with all the occupations of man.

1 I shall speak of the occupations which are simply laborious.

2 I shall mention the diseases of Manufacturers -

3 I shall mention the diseases of the studious & liberal professions.

1 The farmer & Carpenter who labors in the open air, are subject only to accidents & fevers. It has been

+[This disorder is as much a modification of the Jail or Hospital fever, as it is of bilious fever, turned in upon the bowels]-

remarked by some people that the carpenters are the longest lived people of any mechanics in our city.

2 Day labourers are subject to accidents, fevers - ruptures - sore legs - obstructed viscera - Dropsies. —

3 Soldiers are subject to fevers - Dysentery & above all to the chronic Rheumatism.

4 Sailors are subject to the same dis=
=eases as soldiers, and in addition to them Scorbutic eruptions on the skin.

5 Servants male & female, are subject to Catarrhs & Pneumonies. Coachmen in particular are more exposed to those diseases from being obliged so often to wait for hours at the door

of their masters in cold & wet Weather.
The Lemants of the Kings of Spain ~~were~~ are
much afflicted with Rheumatic com-
-plaints, but on by being obliged to
stand constantly in the presence of
their Royal Masters.

2 manufacturers & mechanics suffer not only from
leading a sedantary life, deprived frequently
of fresh air, but from the materials
in which they work. —

weavers are subject to Dyspepsia —
Costiveness — & Hypocondriasis. I once
passed a day at Paisley (a great manufacturing town in Scotland) which happen
to be a holiday, and out of near 1000
weavers whom I saw in the streets,
or at play, I did not see one who

V of their eyes upon small Objects.

had not a pale face. Dr Fothergill informed me that most of the chronic patients whom he saw in the London hospitals while he was a student of medicine, were Spitalfields weavers. —

Watch & clock makers & silver smiths — all suffer from the want of air & exercise. They likewise suffer from the constant exercise ✓ Taylors & shoemakers suffer not only from their sedentary lives, but the position of their bodies. It is remarkable that those parts of the body which are exposed to exclusive exercise, become ~~larger~~ disproportioned in point of size, to the rest of the body. Eg: The Glutei muscles in a shoemaker, & the Gastrohnemei muscles in a Taylor are ~~much~~ larger than in persons of the same size of other

Sir John Pringle saw a stone cutter affected with a palsy from only handling the lead that is employed in cementing the peices of stone together.

Dr Franklin's fingers became numb, from handling his types after he had warmed them by placing them upon a stove. I have seen a printer in our hospital whose fingers were ~~palsy~~ paralytic from no other cause than the action of the lead contained in his types upon them. The men & boys who work at the type foundery in this city are ~~subject to costiv~~ pale as subject to costiveness, & want of appetite. They ~~emp~~ stand only at their work, and are thus exposed to the vapor of the metals of which the types are

occupations.

Bakers who ~~work~~ frequently work during the whole night, & in cellars, are subject to pulmonic complaints. It has been computed that ~~the average~~ the average life of a Baker in London is only three years. They are most subject to malignant & contag: diseases.

Smiths of every description who work in metals alternately exposed to heat & cold air are subject to inflammatory & contagious diseases.

The materials in which men work often produce Diseases. E g Lead. It is impossible to handle this metal in a manufact.y of any kind without contracting nervous dis=ease from it. ~~Vide~~ Dr Pringle's Story of the Stone cutter & Dr Franklin's of the warm types. — The printer in the hospital 1800

Studious people suffer ~~not only~~ from the inordinate exercise of their Understanding

made, which are made of 1 part of lead & from 1/4 to 1/6 of Regulus of antimony.

✓ perhaps from ~~supposing~~ retaining ~~a desire to~~ their after the bladder becomes full ~~make~~ water, are ~~often~~ troubled with the Gravel & stone. Printers who work in the upper stories of houses ~~and at~~ suffer from the same cause. Dr Franklin ascribed the foundation of the stone which ~~became~~ afflicted him ~~self~~ in the evening of his life, to a neglect ~~of her~~ to discharge his water when engaged at a distance from a suitable place ~~to~~ evacuate it.

+ Perhaps, this may be owing to ~~the~~ that indolent lives is more common among Catholics of some of them than protestant Clergymen. ~~But~~ But 5 popes out of 300 have lived ~~to~~ beyond 80. That the sedentary & solitary lives of the Catholic

~~but~~ also from their sedentary lives. — the Dyspepsia has long been called the morbus studiosorum. Judges from sitting long, and ~~Physicians, Lawyers, Physicians and Divines are~~ Clergymen are liberia also to Dyspepsia exposed to this disease more than any any other class of literary men. [Did they like the divine Author of their religion spend more of their time "in going about doing Good" instead of spending whole days in their closets in composing rules to be good, they would escape all the maladies to which have been connected with their profession]

Lawyers & Physicians, by blending exercise with study have in all ages & countries, escaped many of the diseases to which other literary people are

Clergy contributes to their Diseases, I infer from the protestant Clergy ~~being more healthy~~ who many live in families and lead more active lives being more healthy & long lived. of 1000 Clergymen who subscribe to the Widows fund in Scotland but one in 29 dies yearly, that is but 2 & 1/2 in an 100.

[‡ I had caught two colds from lecturing in the chemical room exposed to the heat of a flame & a current of cold air]

✓ Painters are subject to a paralysis of their right hands. I have seen one case of this kind. For further inform.n on this subject see Ramazini on the Diseases of tradesmen. ‡ I shall only

subject. Bishop Burnet remarked y: the lawyers were the longest lived people of any class of men in England. He ascribes this longevity to their regular & gentle exercise in attending the courts. Ramazini ~~says this~~ connects longevity likewise with the profession of Physic. To their constant exercise, he might have added that they know better how to take care of their health than other people. — [A proof in point of this remark just: is our change this day of the place of our meeting together] Physicians who ride much on horseback are subject to costiveness - the piles & fistula in ano. The late Dr Jones informed me that he had cut 3 country Physicians for y^t disorder in the course of his life. —

add to this subject – that the minds of men are much influenced by ye professions & occupations – thus we see dangers make Sailors & Soldiers bold – authority – despotic & killing criminals – cruel. —

Diseases from Amusements.

A predisposition to Disease is often induced by ~~the first that I shall mention is~~ indirect debility ~~pain~~ of fatigue. This I have uniformly observed to be much greater from the pursuit of pleasure than from labor of any kind. I have heard many people complain, of being unable to sleep after spending an evening at a dance, ~~but~~ owing to fatigue reducing the system below the sleeping point, but I never met with an instance of an inability to sleep after the labor of even the harvest field itself. From this fact, it would seem, that heaven was less unkind to us in the curse of labor, that we are unkind to

ourselves in our attempts to extract a blessing from our pleasures. —

2 Amusements are hurtful especially to women from the violence that is done to the system by standing an hour or two before a looking glass, ~~and~~ & sitting ~~the~~ three hours under the hands of a hair dresser & frequently in a cold room. — also from the change of dress - ~~often~~ most commonly from a ~~warm~~ thick to a ~~cool~~ thin one, in order to favour ~~an~~ elegance & neatness in the shape of the body. —

3 They are hurtful from the crowds which are often herded together in one room, where the air is soon vitisticated by breath & candles. From

Let not this fact be urged as an argument in favor of the Influenza spreading by Contagion. To suppose a Catarrh can be produced by but one remote cause, is as erroneous as to suppose that a pleurisy can arise only from Cold. We see it from Gout - from the measles - the small pox & even from Wounds & Contusions of the breast. -

this circumstance, miasmata ~~which are a contagion~~ I ~~believe~~ suspect are often engendered ~~which spread thro~~ which create, ~~wide towns in the form of~~ a mild species of Catarrh or Influenza. I was first led to make this remark by observing that these local ~~or city~~ catarrhs seldom appear 'till near Christmas which is the signal for the commencement of squeezing - and feeding parties in all cities, and that the more frequent these parties are in a winter, the more certain, and the more universal are these Catarrhs. ✓ But further - public amusements produce diseases according to the nature of the ~~explosions~~ causes which are blended with them. ~~✓~~

4 Dancing by ~~overheated~~ often produces

disease from fatigue or ~~indirect~~ debility.
— I have known one instance of a man
who ~~to~~ drop'd down dead in an apoplexy in lea-
-ding down a country dance, & another
of a young lady of 14 years of age who felt the first
symptom of an aneurism which final-
-ly killed her ~~in~~ from the same cause.
— But the most frequent disease produced
by Dancing is a Catarrh from exposing
the ~~bo~~ body immediately after being fatigued
& heated to the action of Cold Air. —

5 Cards are stimulating, or sedative to
the mind & body ~~according~~ according as people play
for ~~bo~~ money, or to get rid of that
worse of all plagues to idle men — called time.

6 The Theatre acts upon the body in all
the ways that public partis act, but with

with the following additional circumstance.
It disposes to nervous diseases. This ~~has~~
appears from some facts lately published by a
~~been proved lately by a~~ German Author
who proves that nervous diseases have
ever kept pace in all large cities with
theatrical entertainments. I believe
it, because I think the fact may be
easily be accounted for. Tragedies excite
virtuous
Sympathies - but they never to prompt
virtuous
to Actions. We admire - we lament
& even weep over suffering Virtue, but
we sit still in our ~~coaches~~ Seats & never
lift a hand or foot to relieve that
Virtue. The passions after being thus
excited, without an external vent,
- recoil upon themselves & pour all
their force ~~with~~ in an
~~force~~ inverted & irregular direction

upon the Mind & body. ~~[illegible]~~ ~~[illegible]~~ ~~[illegible]~~

V The violence which is done by the System by suppressing the emotions of Sympathy excited by tragedies, may be easily be conceived by their effects upon vulgar & ignorant persons who are strangers to the habits of restraining their feelings. Stories of Highlanders & Macbeth & Sailor & Lord Essex.

The frequency of suicide in Eng^d has been ascribed to the ~~partiality~~ partiality of Englishmen for tragical representa=tions upon the Theatre.

on a summer evening. In the state of the system which has been described in beholding a tragedy, ~~useful~~ the mind and ~~body~~ suffers as much by the ~~damping~~ ~~up and off~~ agitation of the passions, as the body suffers by the sudden retention of the excretions ~~which~~ of urine or faeces after the exhibition of diuretics & purges. — V

It is alike foreign to my professional disposition to say any thing of the morality of the stage in this place — but one thought obtrudes itself upon me, which is so nearly related to a principle I have often inculcated in medicine that I hope I shall be excused in mentioning it.

Tragedies it is said promote sympathy — charity & benevolence. I deny

1. Those persons who are in the daily habit of drinking Ardent Spirits are unable to ~~feel the~~ relish small beer, or even Madeira Wine.

the truth of this assertion. The distress ch. iv.
is exhibited in tragedies is so far beyond
what occurs in real life, both with res-
-pect to the rank of the persons who suffer,
& the degree of their sufferings, ~~that~~ that
it ~~no~~ excites impressions upon the
mind so violent & acute as to ~~which~~ render it ever afterwards
more or less insensible to the less violent
impressions of Natural & humble distress.
That this is the usual effect of tragedies
upon the mind, I infer, not only from
the truth of the principle which has
been delivered, but from ~~many~~ observa-
-tions made upon persons who are most
addicted to stage entertainments. The
Lady who will weep & sob for an hour
over the sorrows of ~~a~~ Jane Shore, or

that stage entertainments such as I have described do not soften the heart or dispose it to virtuous sympathy, I infer further from an event which took place the 2nd evening. ~~two days after~~ ~~Two days~~ ~~being~~ ~~our city~~ ~~last week~~ ~~than~~ ~~weeks after~~ ~~overhearing~~ after the news of the loss of ~~nearly~~ 100 valuable lives by the last ~~awful~~ ~~distressing~~ overturning of the theatre at Richmond on the 24th of Decem. 1811. ~~At that~~ ~~on~~ yachted over city. ~~the representa-~~ ~~tive when~~ ~~with grief~~ that very evening when the representatives ~~from~~ of our whole nation were ~~voted by~~ ~~an act of our Government~~ putting on mourning for the ~~Deceased~~ dead, and when thousands in every part of our country were weeping in secret for the ~~disasters~~ sorrows of the living, two of our theatres were

~~a~~ Lord Effect will often deny her servants the necessaries of life, ~~and~~ ~~turn to a~~ will hear without emotion the tale of a family ruined by fire, or war — and drive a half-clad & shivering beggar with haughty indignation from her door. V —

There are amusements of another kind, which are pursued in a more solitary manner, which dispose to many diseases. —

Many of the sports of boys produce broken & dislocated bones, & dispose by their excess to fevers of every kind.

The amusement of hunting, lays the foundation of many diseases; by the ~~indirect~~ debility produced by violent & long continued exercise ~~& by wet feet~~ whether in riding or walking. 2 by the long continued

= crowded with the lovers of the drama,
~~that~~ and one of them so much admired
as not to receive ~~admit~~ several hundred persons
who applied for admittance into it. ~~when~~
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action of cold or heat or the alternate action of both on the body. 3 by wet feet. 4 ~~through~~ - 5 The morbid stimulus of a full meal, after the system has been rendered excitable by ~~hunger~~ - cold - or fatigue. - ~~I do~~ Some of the most acute & dangerous fevers that I have ever seen have been brought on by ~~this~~ the amusement of hunting.

~~I~~ mentioned formerly a case of Hydrocephal: internus ~~from~~ in a boy from standing on his head. -

Peculiar Customs

The folly ~~&~~ madness or Superstition of a few ~~great~~ People elevated by accident or force above the rest of mankind have given a Currency to many absurd Customs Ch. 15. have a pernicious influence upon health. I shall briefly enumerate a few of them. —

1 Drams in a morning. These were introduced originally ~~as~~ as antifogmatics in damp countries. They destroy the tone of the Stomach - lessen the appetite for food - and finally lead to drinking Spirits every hour of the day & night.

2 Taking Wine & Bitters before Dinner.

They are improper in every view we can take of them. If the appetite be already good - they either weaken it, or excite it too highly. But if the appetite be enfeebled by a disease, they produce a degree of appetite disproportioned to that disease, and thus lay a foundation for Dyspepsia - and a train of nervous Diseases. -

3 The custom among women of receiving lying in visits.

After the debility brought on by parturition, it must certainly be very injurious to the female constitution to spend an hour or two every afternoon in dressing to receive company, and afterwards to sit 3 or 4 hours in one place exposed to the danger of

h

15, or 20 female voices, all charged w.th
News disproportioned to the strength of
the Lady's system who is the subject of
these visits. — This fashion has
has been a great measure passed away.

4 The Ringing of Bells at funerals. This
custom was introduced in the ages of
popery — as a signal to pray for the
repose of a departed soul. It is high
time to banish it from protestant
countries, not only because it does
the dead no good,
but because it
does the rich, and the low spirited people
much harm. —

5 But all these customs absurd, and
injurious as they are, are limited in
their influence, compared with
the general use of Tobacco by
chewing — smoking — & snuffing. A few

Observations upon its effects upon the body shall close this head of our syllabus.

in Pathological lectures I for an aut of my opinions upon the use of this weed, I refer you to a vol. of philosophical & literary Essays lately published by Mr Bradford in this city. I wish my opinions upon that subject to be adopted by all my pupils, and that they may be known in every part of the world not less by this ~~abhorrence~~ not abhorrence of ~~drinking things~~ the use of spirituous liquors & tobacco, than by their extensive and accurate knowledge ~~of the states~~ of the pulse ~~in attention~~ and their accommodation to its different states in all their prescriptions.

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On the Diseases from unhealthy ancestors.

With the Shape, features, & tempers, ~~of parents~~, we often find diseases transmitted to Children.

They are divided into congenial & hereditary. The first appear immediately after ~~the~~ birth. They are the venereal disease - the small pox & measles. ~~of the~~ The ~~first two~~ two last are very common, & generally prove fatal in a Month. Instances of ~~each of the two last have~~ of the ~~much~~ congenial small pox & measles have happened in this city. Dr Rush says ~~Besides these~~ many Children were born with the ~~3 Diseases two~~ plague at Aleppo, and y: none of them survived it. I have no

proofs of the Influenza being a con-
-genial dis~~order~~ease, but I could produce
many of its disposition like the plague
to produce abortions in pregnant women.
Besides these diseases, there are many
congenital deformities of body in children
as hare lips - crooked limbs - imperforate
anus - and urinary passages - and a
preternatural Stat~~ength~~ of the ligament under the
tongue.

The hereditary diseases depend
upon two ~~things~~ viz - shape and ~~may be~~ ~~both of~~
~~divided into~~ ~~temperaments~~, ~~of which~~
predisposition both of which
are ~~often~~ transmitted from parents
to children. ~~and so into these two~~ The consumption
- ~~the~~ & madness are often influenced by
a peculiar shape of the breast in the
former, & of the head in the latter

+ It has been remarked that a farmers of the eyes & forehead in children to ~~children~~ parents often exposes them to be heirs of their ~~parents~~ diseases.

v One a black boy 8 or 9 years of age Jany 1799.

In addition to the hereditary diseases that have been named, there are ~~one~~ some others viz: Dropsy & Scrophula, Leprosy, Blindness, Stones, legs and high lips, four Cancer - ~~and five legs. the last is in another family~~ in one family in Burke County.

[+] Jno Hilyard in Surrey: hospital Decr 1806 - aged ~~about~~ ~~60~~ 68. father & two Brothers all but one above 60

Have known Blindness to descend thro' several generations in old age. Sore legs in Isaac Smith's family only between 60 & 70

case. They more certainly appear in children when they are connected with the ~~temperaments~~ predispositions, which produce those diseases. +

Consumption is oftnest derived from the father - but I think I have ~~found~~ madness to be derived more frequently from the Mother. - It is remarkable that the Consumption seldom appears till 20, or 21 - and madness seldom ~~till~~ before that period in which it affected the parents. (Gait of Gid. Montgomery). — It seldom appears before man hood. ~~two~~ instances only in our hospital. The transmission of the Gout from parents to their children depends upon a mixture of an irritable nervous & Arterial ~~the sanguineous~~ system called nervous & sanguineous predispositions ~~temperaments~~. It

to the contrary:

Besides congenial & hereditary diseases there what ~~are~~ I have called filial ~~affairs~~ filial ~~infamity~~ diseases. These are acquired by a whole family of Children ~~consequences of parents~~ from probably the earnestness of drift - air - exercises - or employments. I have known the Epilepsy to affect 3, the palsy 4 ~~of the same family~~ ~~a~~ a disposition to hemorrage 5 or 6, ~~and consumption~~ of the same family of Children ~~where neither of the parents~~ ~~consumptions~~ but only or any of their ancestors were affected by those diseases. The Consumption in like manner affects not only a whole family of Children in the first instance,

appears in early life, and in both sexes. where it has not force enough to appear in the form of ~~a regular~~ inflammatory Gout, it appears in Dyspepsia, Hysteria, Hypochondriasis. ~~& sometimes erysipelas~~. In most of the early chronic diseases of persons ~~in genital life~~ descended from gouty ancestors are metamorphosed hereditary Gout.

A $\frac{1}{20}$ part of ~~the~~ lip intemperance in persons thus predisposed, will bring on the Gout than in persons who have not that hereditary predisposition.

~~The Scrophula & Dropsy are both hereditary diseases.~~

~~It is remarkable that~~ All these diseases often supervene by the first; and

Neuroses

In ~~an early lecture of~~ One of my publications I have observed that fevers - casualties - war - & old age were the only natural outlets of human life. I consider Fevers as the only ~~original~~ ~~[illegible]~~ They affect the ~~[illegible]~~ & natural diseases. They are the offspring chiefly, & this ~~are~~ are the out posts of the whole ~~[illegible]~~ simple manners, and appear most ~~[illegible]~~ frequently ~~in the~~ among Savages, or in the first & simple ages of Society. In proportion as men advance in the modern art of civilization ~~& life~~, fevers diminish, and their places are occupied by nervous diseases. — 66,000 persons out of 100,000 who died in London in Dr Sydenham's time perished with fevers; — at present the London bills of mortality inform us that not more than 1/6 part of that number perish with those

+ ~~The consumption is Liberal~~ a modern disease in ~~the~~ part of the United States. Our V annals ~~inform us that~~ The causes which now induce Consumption formerly produced only the more acute but less dangerous diseases of pneumony & Rheumatism. This, must ~~liberal~~ be ascribed to the change which has taken place in our manners within the last 50, or 60 years. But ~~further~~ the influence of Civilization upon diseases will appear in a stronger light if we turn our eyes to Great Britain. The Gout w.h is in this Country so generally inclined in Britain is a ~~fea~~ disease of feeble action, & ~~confined chiefly to the wealthy~~ seldom appears

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v ~~I have~~ It is said the color of the Skin is ~~conveyed~~ derived chiefly from the father, and ~~have~~ hence I have heard that a child begat by a black father upon a white mother; always has a darker skin than a child born of a black mother by a white father.

being ~~to~~ contagious [illegible]

v Lancisi saw undue dilatation of the right ventricle & auricle of the heart in four successive generations.

Deliers says he saw a contraction of the hands & lips from cold conveyed thro' several generations ~~descended~~ derived in the first instance from a girl born of aged parents. ~~turn back to 3570~~

appear in the 3rd Generation. The Leprosy Dr Coil says in Iceland frequently ~~ap~~ disappears in the 2 & 3rd and appears in the 4th generation.

The color of the skin whether in healthy ~~and sickly~~ or natural, is transmitted ~~from Gene~~ thro a long succession of Generations. The family of the Henry's in Ireland, & of the Hamiltons in Scotland have had fair-~~Dark~~ colored skins as far back as they can be remembered. This fact will ~~ap~~ admit of an important application ~~hereafter~~ in explaining the dark color of the negroes. From the influence of ~~temperaments~~ predispositions or habit, or a union of both many diseases descend from parents to Child.n which are not enumerated among hered.y diseases. As Rheumatism —

natural diseases. — I recollect the time when ~~apoplexies, palsies, & hysteria, & most other~~ nervous diseases were much less frequent in this city than they are at present. Fevers have not only diminished in their proportion of the number of dis=ases, but have changed their types. The late Dr Cadwell informed me, when he first settled in this city (perhaps 60 years ago) the new or chronic fever was not known among us, — for this fever derives its typhoid, and obstinate character, from a debility in=duced upon the system by the progress of intemperance or refinement in Society. The Inflam^y Gout is the evanescent form of fever from stimuli which formerly produced ~~a~~ simple inflam^y fevers. Even its inflam^y form has I believe nearly

or a sameness of diet, exercises, air, or employments. I have known the Epilepsy ~~to~~ affect 3, the palsy 4 - and a disposition to hemorrhage 5 or 6 of the same family, ~~to hemorrhage~~ where ~~their~~ none of their parents and ancestors had been affected by those diseases. The Consumption in like manner affects not only a whole family of Children, but even servants ~~who~~ who live under the same roof with them. In the last instance Contagion is called in, to account for its spreading so generally in a family; but why ascribe this filial disease in ~~one~~ One case to contagion, and not in the others that have been mentioned? Surely no One will admit Epilepsy, palsy or Hemorrhage to be contagious diseases.

~~Lumbago~~ ~~Colic~~ ~~and above all Head Ache~~. A Physician should never forget in Chronic diseases to inquire whether they have been hereditary. If they have, they will be more difficult to cure, than if they had been acquired. It would be a good custom for ~~Phys~~ every person to record the history of all their Chronic and acute diseases and of the remedies that relieved them for the benefit of their children - for it ~~is remarkable~~ has been observed that there are certain ~~fa~~ receipts or remedies which ~~fa~~ relieve or cure in certain families that will not in others.

Besides congenial, & heridatary diseases there are what I have called filial diseases. These are acquired by a whole family from

in the extremities departed from Great Britain. The ~~accounts~~ histories of it in modern books appear to be taken from Dr Sydenham who wrote at a time when the manners of the Citizens of London were nearly ~~upon a footing with~~ similar to ours; perhaps this may be the reason why Stimulii are said to be used with more safety in Britain ~~in every~~ both ~~Species of~~ the Gout than in America. But the human Constitution in Britain has fallen below the strength that is necessary to produce even a spasm of an atonic Gout, & the indolence - luxury & extravagant passions of people in high life shew themselves in hysterics - Hippocon-drias - melancholly - Dyspepsy - Syncope - & Asphixia. - Should the influence of these great & general causes of ~~disease~~ debility continue to encrease in ~~Europe~~ Britain, the ranks of Society will soon be marked with as much decrepitude by the diseases

an ~~injudicious~~ exclusive ~~confidence~~ faith in false systems of Physic, an injudicious confidence in the operations of nature, & in Opiates have ~~produce~~ entailed many diseases upon the human body.

1 False systems of Physic. To enumerate all of them would be to give a history of medical opinions from Hippocrates down to Dr Brown. — I shall only remark that ~~in the course of the last century, the phases of the~~ since the deposition of the authority of Galen in the schools of Physic by Paracelsus there has been a succession of ~~opin~~ systems of medicine all of which have introduced a practice more or less ~~fat~~ injurious or fatal to the human

that are peculiar to them, as by peculiar manners, or even titles. – The many diseases that were last named, will become the badges of the first order of ~~dignity~~ Nobility. ~~they will be the exclusive dis~~ The Gout ~~is~~ with all its numerous symptoms of topical affections, will belong exclusively to the 2nd order of Nobility, as to commoners, & to independant Country gentlemen, while fevers will belong wholly to the common people. But even these natural diseases will be subdivided between two Classes of people. – The ~~fevers~~ Plus will designate the well fed citizen, and ~~proud~~ mechanic, while the pneumony – ~~&~~ Rheumatism, & all other inflam.y fevers will be the ~~vulgar~~ ~~but~~ characteristics of porters – sailors – chimney sweeps – soldiers & all ~~the~~ other persons who fill the ~~humble~~ lowest ranks in Society. ~~When~~ of general depravity of manners when this time shall

viz Pneumonies

+ ~~But these~~ Even these diseases in Jamaica now occurs without not only full or hard pulse, but without fever, & yet they have been so acute as to end fatally

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arise, a ~~child a~~ child who has the misfortune to be descended from a parent who has died with either of the vulgar inflam. disorders that has been named, will blush to own it, nearly as much as he would to own that his father ~~was~~ filled one of the most humble or menial offices of ~~life or his liberty to the clemency of government~~ society. + go on to p 364 ×

+ In passing from the febrile, to the nervous diseases, it will be necessary to remark - 1st that motion of every kind in the animal system depends upon stimuli. - They begin - preserve - & support ~~animal~~ life - ~~and the~~ in every animal body. 2d Health appears to depend upon the ~~due~~ balance between preserved between the action of stimuli - and the powers of the system. 3d Diseases are occasioned by excess, or defect of action in consequence of the loss of this balance. This excess & defect of action are produced

more especially with the production of inflam: fevers from relative cold, & the action of the air upon the debilitated body upon its coming out of the cold bath.

From this view of our Subject, it appears that stimuli in different degrees are the causes of life health & diseases. They are in the animate, what attraction is in the inanimate, & w: love is in the moral world. — I am the more disposed to ~~pleased with the adopting~~ embrace single principles in each of these departments of the works of the great Creator, inasmuch as it leads us to discover more of the infinity of his wisdom in producing effects ~~so various, and~~ so infinitely multiplied, from such single causes. —

o Let us now apply these principles. —

× In the simple ages of society, morbid stimuli or irritants produce morbid ~~or bad~~ ~~cause~~ of action in the Arterial System. hence the origin of ~~all the genera~~ of fevers. —

The truth of these principles may be further illustrated by taking another view of our subject. Sudden Grief in a yeoman, or peasant produces a fever. In a person of the 2nd rank in society, it produces melancholly, or madness - but in a person of the first rank, whose system is so excitable that he is ready "to die of a rose in aromatic pain." Sudden grief ~~often~~ produces syncope or sudden death. Again - a temperate yeoman, or a peasant keeps up the excitement of his system by boiled meat - apple pye, with no other beverage than milk & water. A country gentleman requires for the same purpose roasted meat - and wine or malt liquors. While the effeminate nobleman is kept alive only by the stimulus of the richest sauces & spices - mixed with his food - together with repeated glasses of spirits in the form of liqueurs, etc.

O As men advance in luxury & the refinements of civilized life, the same stimuli produce ~~excess & defect of~~ morbid action in the arterial & nervous system - hence the origin of the ~~Gout~~ apoplexy - palsy - Gout - and all its numerous train of ~~atonic~~ morbid ~~affections~~ symptoms which affects the blood vessels & nervous systems.

But when luxury - indolence - and extra=
=vagant passions have obtained a further in=
=fluence over the body - the ~~action of stimuli~~ resources of the system are so far exhausted, that same stimuli produce ~~excess & defect of~~ morbid action chiefly in the nervous system - hence the origin of hysteria - hypochondriasis - Epilepsy &c.

In the last ~~stage~~ stage of debility produced by effeminate manners - the same stimuli produce no morbid ~~defect of~~ action - hence only syncope & asphixia. - marasmus - tabes &c. -

V The prevalence of nervous diseases serve not only to mark the ranks of the first orders of Society, but the characters of parti=
=cular nations. - ~~From the bills of mortality~~ From the records of the diseases ~~prevalent~~ of the ancient Jews preserved in the ~~old~~ new testament it is evident they

these are often insufficient to ~~to~~ rouse ~~the~~ ~~feeble remains of~~ his excitability — hence we read in Brydone's travels of an Italian Marquis who kept himself upon his feet in a morning walk ~~due~~ only the use of a smelling bottle. — In selecting these three orders of people — I do not forget that there are intemperate & debilitated common people, as well as sobert & temperate nobility & gentlemen in all countries. But these ~~common~~ exceptions only confirm the truth of our principles. They show the uniform & general action of stimuli upon the human body. [go on to note on the next leaf]

women
~~they~~ more easily relieve themselves from
its baneful effects by shedding tears.

V

Diet and drinks entertain a powerful influence in dis-
posing the passions to produce diseases. ~~a~~
~~[illegible]~~ of anger it is well known is ~~often~~
frequently the Offspring of a full animal diet, and
of the intemperate use of wine & ardent Spirits.

Climate and Season ~~dispo~~ likewise ~~act~~
dispose the passions to act more or less
powerfully upon the body. ~~Epidemic Fevers~~
~~also~~ more diseases ~~are induced~~ in a hot than
a cold Climate, and in Summer than in
winter by ~~the~~ they are most ~~boisterous~~ active in
warm weather.

10

They act differently when combined from what they do in
single state and they are 11th still further
diversified according ~~as they gratified~~ to the degree
in which they are gratified, or opposed; and

where ~~[illegible]~~ distinguished in ~~[illegible]~~ ~~in the middle of~~ their ~~sleep~~ sleep in the night, while they ~~treat~~ with neglect, during other parts of the first twenty hours. — return to p: 10-8

Having ~~this~~ enumerated the ~~circumstances~~ which influence the morbid effects of the passions, ~~in inducing diseases~~, ~~I ~~[illegible]~~~ it may be expected that I should ~~then~~ name the diseases that are produced by them, but this would lead me ~~far from my~~ to anticipate the subject of several ~~the objects of the present~~ future lectures. I shall barely remark that ~~the blood~~ fevers — consumptions, convulsions — apoplexy — palsy, diseases of the stomach & bowels — visceral obstructions, loss of memory, melancholy, & ~~madness and~~, madness, — idiotism, — ~~and~~ are all the frequently brought on by the undue actions of the passions upon the body. I do not except the diseases of the mind that were last mentioned, from this catalogue